

Claims: I claim:

Claims 1-23 (Previously cancelled)

24. (Currently amended.) An orally administered nutritional supplement for ingestion by mammals containing at least 7 grams of fiber per serving comprising:
 - (a) a mixture guar, oat, and psyllium fibers plus
 - (b) at least one flavoring agent, and
 - (c) admixed with at least one potable liquid to create a beverage.
25. (Previously presented.) The nutritional supplement according to claim 24, wherein said mixture comprises 1-15 grams of guar, 1-15 grams of oat, and 0.5-10 grams of psyllium.
26. (Currently amended.) The nutritional supplement according to claim 24 wherein composition is selected from an edible food product selected from the group consisting of liquid food products, and semisolid food products, and solid food products.
27. (Previously amended.) The nutritional supplement according to claim 24 further including at least one edible fiber.
28. (Currently amended.) The nutritional supplement according to claim 24, in which at least one ~~edible~~ potable liquid is admixed in sufficient quantity to create at least an 8 ounce beverage.
29. (Currently amended.) The nutritional supplement according to claim 24 wherein the composition is admixed to create a semisolid comestible. ~~an edible food product selected from the group of solid and semisolid food products consisting of powders, puddings, and snack bars.~~

30. (Previously amended.) The nutritional supplement according to claim 24, wherein said flavoring agent is a sweetener.
31. (Previously presented.) The nutritional supplement according to claim 24, further including at least one ingredient that enhances visual and organoleptic appeal selected from the group consisting of coloring agents, preservatives, thickening agents, thinning agents, and emulsifiers.
32. (Previously presented.) The nutritional supplement according to claim 24, further including at least one antioxidant.
33. (Previously presented.) The nutritional supplement according to claim 24, further including at least one tea selected from the group consisting of tea leaves, tea flavonoids, tea catechins, and tea polyphenols.
34. (Currently amended.) The nutritional supplement according to claim 24, further including at least one ingredient selected from the group consisting of vitamins, minerals, coenzymes, electrolytes, botanicals, herbs, ~~and plant compounds such as~~ anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, epigallocatechin-3-O-gallate, indoles, isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), ~~and synthetic compounds such as~~ alpha-lipoic acid, coenzyme Q10, n-acetyl-l-cysteine, and organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, ~~and orally consumed substances that induce weight loss such as~~ L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestere, bromelain, pancreatin, papain, ~~coenzyme Q10, curcumin, barberry, bearberry, Silymarin,~~ Teucrium polium, choline,

inositol, human growth hormone, DHEA (dehydroepiandrosterone), caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, ~~niacin~~, and bladderwrack, ~~and B vitamins~~, glutathione peroxidase, superoxide dismutase, lipotropics, phosphatidyl choline, methionine, tumeric, wall germander and Oregon grape root.

35. (Previously presented) The nutritional supplement according to claim 24, further including at least one caloric ingredient selected from the group consisting of carbohydrates, fats, and proteins.
36. (Previously amended.) The nutritional supplement according to claim 24 further including locust bean gum, pectin, green tea, multianthocyanidins, folic acid, pyridoxine, and at least one sweetener.
37. (Currently amended) A method of improving the health of a mammal comprising orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent and admixed with at least one potable liquid to create a beverage that is ingested by ~~to~~ a mammal at least one time daily whereby consumption results in at least one health benefit achieved by ~~treating~~ improving at least one medical condition selected from the group of medical conditions consisting of overweight, obesity, fiber deficiency, poor nutrition, insulin resistance, glucose intolerance, diabetes, hypertension, metabolic syndrome, cardiovascular disease, osteoporosis, sleep apnea, constipation, diverticulosis, hemorrhoids, and irritable bowel syndrome, ~~and diet related cancers.~~
38. (Currently amended.) The method according to claim 37, in which at least one edible potable liquid is admixed to said nutritional supplement of claim 37 in sufficient quantity to create at least an 8 ounce beverage.
39. (Currently amended.) The method according to claim 37, further comprising:

- (a) admixing the composition of claim 37 to create a semisolid food product,
~~consuming said nutritional supplement of claim 37 as an edible food product~~
~~selected from the group consisting of solid and semisolid food products, and~~
- (b) said ~~edible~~ semisolid food product to be accompanied by consumption of
 sufficient quantity of at least one ~~edible~~ potable liquid to further hydrate the
 consumed fiber.

40. (Previously amended) The method according to claim 37, further including
 admixing at least one edible fiber.
41. (Currently amended) The method according to claim 37, further including admixing
 at least one ingredient selected from the group consisting of carbohydrates, fats,
 proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes,
 botanicals, herbs, ~~and plant compounds such as~~ anthocyanins, anthocyanidins, beta-
 carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root,
 epicatechins, flavones, flavonoids, flavonols, tea, tea polyphenols, garlic, ginkgo
 biloba, grape seed, grape skin, green tea, epigallocatechin-3-O-gallate, indoles,
 isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur
 compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols,
 resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and
 delta), ~~and synthetic compounds such as~~ alpha-lipoic acid, coenzyme Q10, and n-
 acetyl-l-cysteine, ~~and~~ organoleptic agents, coloring agents, preservatives, flavoring
 agents, sweeteners, stimulants, ~~and orally consumed substances that induce weight~~
~~loss such as~~ L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine,
 gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate,
 Gymnema sylvestere, bromelain, pancreatin, papain, ~~coenzyme Q10~~, curcumin,
 barberry, bearberry, ~~Silymarin~~, Teucrium polium, choline, inositol, human growth
 hormone, DHEA (dehydroepiandrosterone), caffeine, xanthines, kola nut, yerbamate,
 medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp, lecithin,
 dihydroxyacetone, pyruvate, creatine, iodine, ~~niacin~~, and bladderwrack, ~~and B~~

vitamins, glutathione peroxidase, superoxide dismutase, lipotropics, phosphatidyl choline, methionine, tumeric, wall germander and Oregon grape root.

42. (Withdrawn) A method of orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:
- (a) a mixture of guar, oat, and psyllium ,and
 - (b) at least one flavoring agent, and
 - (c) admixing at least one edible liquid selected from the group consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages, and
 - (d) orally administering at least one serving of said beverage daily.
43. (Withdrawn) The method according to claim 42, further including admixing at least one edible fiber selected from the group consisting of soluble, partially soluble, and insoluble fibers.
44. (Withdrawn) The method according to claim 42, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.
45. (Withdrawn) A method of orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:
- (a) a mixture of guar, oat, and psyllium ,and
 - (b) at least one flavoring agent, and
 - (c) admixing at least one ingredient to said supplement to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones

(d) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.

46. (Withdrawn) The method according to claim 45 further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

47. (Withdrawn) The method according to claim 45, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.

48. (Withdrawn) A method of inducing weight loss in a mammal by orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:

- (a) a mixture of guar, oat, and psyllium, and
- (b) at least one flavoring agent, and
- (c) administering said nutritional supplement at least one time daily.

49. (Withdrawn) The method according to claim 48, further including admixing of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.

50. (Withdrawn) The method according to claim 48, further comprising:

- (a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and
 - (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.
51. (Withdrawn) The method according claim 48, further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.
52. (Withdrawn) The method according to claim 48, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that induce weight loss.
53. (Withdrawn) A method of reducing the risk of developing and aiding in the treatment of cardiovascular disease in a mammal by improving at least one of the following cardiovascular risk factors, including serum cholesterol, lipoproteins, lipids, triglycerides, high sensitivity C-reactive protein, and homocysteine comprising orally administering a nutritional supplement containing at least seven grams of fiber per serving to a mammal comprising:
- (a) a mixture of guar, oat, and psyllium ,and
 - (b) at least one flavoring agent, and
 - (c) administering said supplement at least one time daily.
54. (Withdrawn) The method according to claim 53 further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.

55. (Withdrawn) The method according to claim 53, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed substances that improve cholesterol, lipoproteins, triglycerides, high sensitivity C-reactive protein, and homocysteine.
56. (Withdrawn) The method according to claim 53, further including the admixing of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.
57. (Withdrawn) The method according to claim 53, further comprising:
- (a) admixing at least one additional ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and
 - (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.
58. (Withdrawn) A method of assisting in limiting ingested toxins, carcinogens, and heavy metals in a mammal through reducing absorption and assimilation of toxins and speeding transit out of the body comprising orally administering a nutritional supplement at least one time daily that contains at least 7 grams of fiber per serving and comprises a mixture of guar, oat, psyllium, and at least one flavoring agent.

59. (Withdrawn) The method according to claim 58, further including admixing at least one edible fibers selected from the group consisting of soluble, partially soluble, and insoluble fibers.
60. (Withdrawn) The method according to claim 58, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, plant derived compounds, synthetic orally absorbable nontoxic compounds, organoleptic agents, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, and orally consumed detoxifying substances.
61. (Withdrawn) The method according to claim 58, further including admixing at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids in sufficient quantity to create at least an 8 ounce beverage selected from the group consisting of zero calorie and calorie containing beverages.
62. (Withdrawn) The method according to claim 58, further comprising:
- (a) admixing at least one ingredient to form an edible food product selected from the group of solid and semisolid food products consisting of puddings, snack bars, wafers, and dog bones which is consumed at least one time daily, and
 - (b) said edible food product to be accompanied by consumption of sufficient quantity of at least one edible liquid selected from the group of liquids consisting of zero calorie and calorie containing liquids to further hydrate the consumed fiber.
63. (Withdrawn) A method of reducing the risk of cardiovascular disease in mammals through reducing cardiac inflammation comprising orally ingesting an effective amount of fiber to lower high sensitivity C-reactive protein levels.
64. (Currently amended) A nutritional supplement for oral administration to a mammal comprising:

- (a) a mixture of guar, oat, and psyllium, ~~and plus~~
- (b) at least one flavoring agent, and
- (c) a final composition containing at least 7 grams of fiber per serving, and
- (d) admixed with at least one ~~edible~~ potable liquid to create at least an 8 ounce beverage, and
- (e) an orally administered liquid means of delivering a minimum of 7 grams of fiber per serving that can be consumed in beverage form.

65. (Currently amended) A method of improving the cardiovascular health of a mammal comprising:

- (a) orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent and admixed with at least one potable liquid to create a beverage that is ingested by ~~to~~ a mammal at least one time daily, and
- (b) consumption of said supplement resulting in at least one health benefit ~~from~~ by reducing ~~improving~~ at least one ~~cardiovascular risk-elevating~~ condition associated with increased risk of cardiovascular disease selected from the group of ~~cardiovascular risk-elevating conditions consisting the group~~ consisting of cardiac inflammation, metabolic syndrome, cardiovascular disease, cerebrovascular disease, peripheral vascular disease, overweight, obesity, fiber deficiency, poor nutrition, insulin resistance, glucose intolerance, diabetes, hypertension, sleep apnea, elevated dietary cholesterol consumption, elevated saturated fat consumption, elevated trans fatty acid consumption, elevated serum lipids, elevated serum lipoproteins, elevated serum total cholesterol, elevated serum LDL cholesterol, elevated triglycerides, elevated serum homocysteine, elevated serum high sensitivity C-reactive protein and reduced serum HDL cholesterol.

66. (Currently amended) The method according to claim 65, in which at least one edible potable liquid is admixed to said nutritional supplement of claim 65 in sufficient quantity to create at least an 8 ounce beverage.

67. (Currently amended) The method according to claim 65, further comprising:

- (a) ~~admixing consuming said nutritional supplement of claim 65, as an edible food product selected from the group consisting of solid and semisolid food products and the composition of claim 65 to create a semisolid food product, which is consumed at least one time daily, and~~
 - (b) said ~~edible~~ semisolid food product to be accompanied by consumption of sufficient quantity of at least one ~~edible~~ potable liquid to further hydrate the consumed fiber.
68. (Previously presented) The method according to claim 65, further including admixing at least one edible fiber.
69. (Currently amended) The method according to claim 65, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, ~~electrolytes~~, botanicals, herbs, ~~and plant compounds such as~~ anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, epigallocatechin-3-O-gallate, indoles, isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), ~~and synthetic compounds such as~~ alpha-lipoic acid, coenzyme Q10, and n-acetyl-l-cysteine, organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, thermogenics, lipogenesis inhibitors, ~~and orally consumed substances that induce weight loss such as~~ L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestere, bromelain, pancreatin, papain, ~~coenzyme Q10~~, curcumin, barberry, bearberry, ~~Silymarin~~, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone), caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, (-)-hydroxycitric Acid (HCA), kelp,

lecithin, dihydroxyacetone, pyruvate, creatine, iodine, ~~niacin~~, and bladderwrack,
and B-vitamins, glutathione peroxidase, superoxide dismutase, lipotropics,
phosphatidyl choline, methionine, tumeric, wall germander and Oregon grape root.

70. (Currently amended) A method of improving the health of a mammal comprising:
- (a) orally administering a nutritional supplement containing at least 7 grams of fiber per serving comprising a mixture guar, oat, and psyllium fibers plus at least one flavoring agent and admixed with at least one potable liquid to create a beverage to be ingested by to a mammal at least one time daily, and
 - (b) consumption of said supplement resulting in at least one health benefit obtained ~~from reducing said mammals toxin exposure through limiting absorption of toxins by at least one mechanism selected from the group of toxin absorption reduction mechanisms consisting of binding to toxins, detoxifying toxins, and speeding toxin transit out of the gastrointestinal tract.~~ through reducing absorption of harmful substances selected from the group consisting of toxins, heavy metals, and carcinogens by at least one absorption limiting mechanism selected from the group consisting of mechanisms that bind said harmful substances, mechanisms that detoxify said harmful substances, and mechanisms that speed said harmful substances out of the mammalian gastrointestinal tract.
71. (Currently amended) The method according to claim 70, in which at least one ~~edible~~ potable liquid is admixed to said nutritional supplement of claim 70 in sufficient quantity to create at least an 8 ounce beverage.
72. (Currently amended) The method according to claim 70, further comprising:
- (a) ~~admixing consuming said nutritional supplement of claim 70 as an edible food product selected from the group consisting of solid and semisolid food products, and~~ the composition of claim 70 to create a semisolid food product, which ~~are~~ is consumed at least one time daily, and
 - (b) said ~~edible~~ semisolid food product to be accompanied by consumption of sufficient quantity of at least one ~~edible~~ potable liquid to further hydrate the consumed fiber.

73. (Previously presented) The method according to claim 70, further including admixing at least one edible fiber.
74. (Currently amended) The method according to claim 70, further including admixing at least one ingredient selected from the group consisting of carbohydrates, fats, proteins, antioxidants, electrolytes, vitamins, minerals, enzymes, coenzymes, ~~electrolytes~~, botanicals, herbs, ~~and plant compounds such as~~ anthocyanins, anthocyanidins, beta-carotene, bioflavonoids, catechins, carotenoids, curcuma, dandelion root, epicatechins, flavones, flavonoids, flavonols, teas, tea polyphenols, garlic, ginkgo biloba, grape seed, grape skin, green tea, epigallocatechin-3-O-gallate, indoles, isocyanates, isoflavones, isoflavonoids, isoprenoids, lycopene, organosulfur compounds, phenols, phenolic acids, polyphenolic compounds, pycnogenols, resveratrol, silymarin, terpenes, tannins, thiols, and tocopherols (beta, gamma, and delta), ~~and synthetic compounds such as~~ alpha-lipoic acid, coenzyme Q10, and n-acetyl-l-cysteine, ~~and~~ organoleptic agents, thickening agents, thinning agents, emulsifiers, coloring agents, preservatives, flavoring agents, sweeteners, stimulants, thermogenics, lipogenesis inhibitors, ~~and orally consumed substances that induce weight loss such as~~ L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, ~~gamma-linolenic acid,~~ chromium, glucose tolerance factor, ~~vanadyl sulfate, Gymnema sylvestere, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, Silymarin, Teucrium polium,~~ choline, inositol, ~~human growth hormone, DHEA (dehydroepiandrosterone),~~ caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, ~~(-)-hydroxycitric Acid (HCA),~~ kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, ~~niacin,~~ bladderwrack, ~~and B-vitamins.~~ glutathione peroxidase, superoxide dismutase, lipotropics, phosphatidyl choline, methionine, tumeric, wall germander and Oregon grape root.